

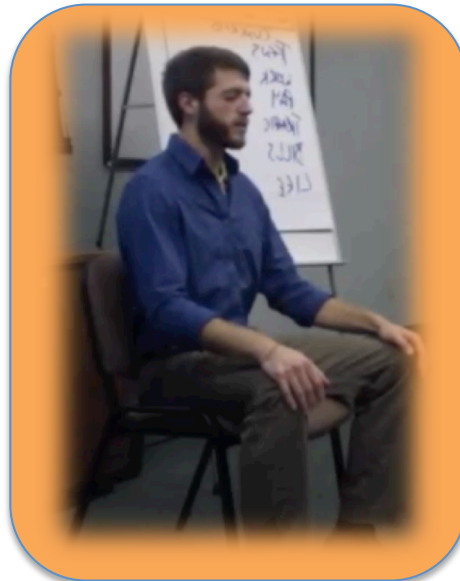
## “Yoga-ta-Day” keeps the stress away!

**Step 1:** Remember the breath fuels you, nurtures you and cleanses the mind, body and soul. Every position requires patience, self-acceptance and breathing; go at your own pace and take breaks as needed, do not go beyond the limits of YOUR body!

**Step 2:** The goal is integration of the body, mind and spirit to tap into the body’s healing centers and relaxation mechanisms.

WARNING: you will need your mind and your body for this activity, set your self up for success by silencing phones, eliminating unwanted distractions etc.

**Step 3:** Remember this is a process of growth and development in yourself; “you need to walk before you can run”. Your success and experience will vary day by day; continue with your practice in positivity, regardless.



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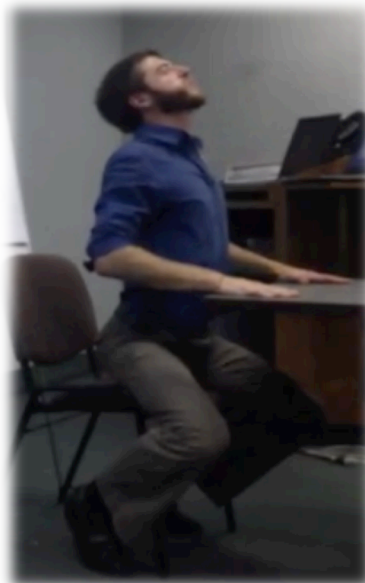
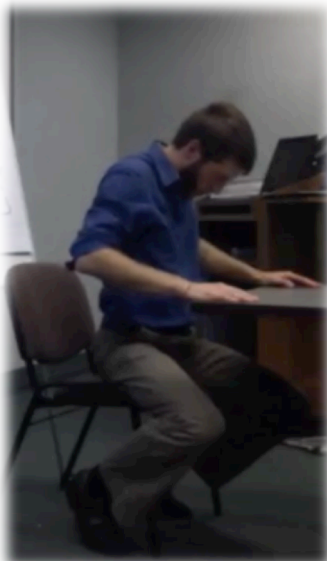
## ***"Desktop Yoga"***



Forward Fold: Deep breath to the abdomen, reach high, exhale and bend at the waist. Inhale and rise tall, repeat.



Seated Cobra: Deep breath, palms shoulder-width, inhale tall, scoop chest down and exhale, press away with palms, eyes look up, inhale, exhale. Return with a chin curl and inhale, repeat.



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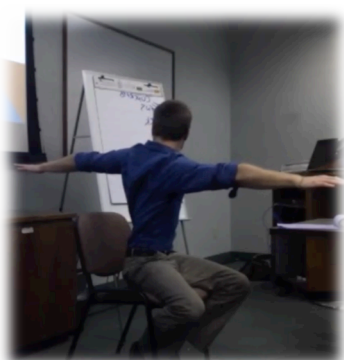
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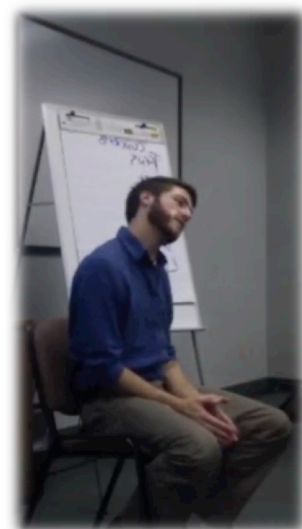
Gas Buster: Deep breath, pull knee to shoulder, hold and breathe deep through the abdomen, release. Switch and repeat.



Twists: Deep breath, pull head up tall, center spine over sits bones, extend arms out to the side inhale, exhale and reach through fingers as you rotate at your chest, inhale while turned, exhale and turn to opposite side, repeat.



Ear-to-Shoulder: Deep breath, pull head up tall, center spine over sits bones, exhale while drawing the ear to the shoulder and keeping elbows drawn down the spine. Inhale tall to center and exhale to the other side, repeat.



Shrugs, Foot Rolls, Hand Massage: Remember to relax muscles of constant tension: neck, shoulders, feet and hands. Don't forget to keep hydrated with pure water and most importantly, be light and mindful!



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